

Post-Trip Blues: How to Fight this Universal Battle

Sofiya Berman

As someone who's visited over 25 countries, saying that it's hard coming back after an amazing trip would be an immense understatement.

It was hard getting back to my home routine after living in luxury in the Maldives, where the weather was always warm and beautiful reefs with plentiful fish were mere feet away at any given moment.

It was equally hard coming home after Hawaii, having gotten used to scenic drives, unmatched food trucks, and the hospitable aloha vibe.

Don't even get me started on the emotional turmoil at the airport after connecting with vibrant Australian personalities down under or exploring the wonders of ancient and modern China!

What goes up must come down, and so the traveler eventually must return to home base at the end of every adventure. The blues that follow are often unpredictable in their manifestations, I've found. After some journeys, I shed a tear and get back to work while the culmination of others lead me down a spiral of despair. Nevertheless, I am not one to allow the potential of future sadness to stop me from enjoying my hobby of travel so I will continue to do so as long as I have the opportunity, health, and wealth to.

To lessen the blow of post-trip blues, I implement a few techniques which I gladly share below:

1. **Include an element from your travel days into your daily/weekly/monthly routine.** I learned to appreciate the value of a slow, relaxed meal in Southern Spain, and I made a greater effort to be more mindful while drinking tea following the teachings of a tea sommelier in Beijing.
2. **Make yourself busy.** While some like to plan reset days after a trip, I find that the more enjoyable the trip, the more I need to keep myself busy right after so as not to fall into post-trip blues.
3. **Meet up with loved ones to discuss the trip, or don't.** At times, sharing stories from my travels allows me to relive happy memories. When I feel that recounting them would cause a melancholy longing, I choose to either discuss other topics with friends and family or delay meetings altogether until I am more settled in back home. The goal is to do what you believe will help you emotionally, after all.
4. **Start planning your next trip.** No matter how often I travel, I feel a pang of sadness that starts on the last day of each trip. This feeling is rooted in the false idea that there will never be a "next time," and since this is not the case, I like to plan my future travels fairly soon after the termination of each. Doing so gives me something to look forward to and serves as motivation to overcome the longing for a completed trip.

These are the main strategies I turn to in particularly difficult transition periods after traveling. Recovery is just as important as the voyage, and recovering properly is the key to maintaining a strong psyche and a healthy relationship with traveling. Feel free to add my tips of customizing elements from your destination to your routine, sharing with others when ready, and planning future travels to your post-trip recovery toolbox and get out there and see the world!